

## 8 Rule-Breaking Ways to Enjoy the Holidays

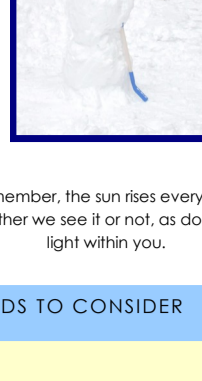
Don't "get through" this time of year, ENJOY IT!

Vol 1 Num 2 December 1, 2009

It seems this time of year I am bombarded with lists dictating how I should act in order to "survive" this special time of year. I propose a different sort of list; one that breaks the usual rules while helping us stay connected with the true beauty and spirit offered to us during this time. Enjoy!

- 1) **Eat Cake.** If you focus on food, you will no doubt have issues with it during the holidays. If you really must watch what you eat, choose a single item that you will allow yourself to enjoy fully and savor at each gathering. Then don't think any more about it. Connect meaningfully with the people surrounding you. Ask them questions and give your full attention to their answers. In addition to making the gathering more enjoyable, this active listening will help take your focus off the food.
- 2) **Stay up Late.** One night, stay up late into the night, get a hot cup of tea, put on your mittens and head outside. Notice the sounds of nighttime. Breathe in the night air and just gaze at the stars. Hold no intentions. . . just be.
- 3) **Re-gift!** If you have something of good quality that someone might enjoy, list it for free on a site like Free Cycle or Craigslist or hold a "everything is free" garage sale. You never know what you have that might just mean the world to someone and ridding yourself of clutter is even a gift to yourself!
- 4) **Don't Exercise.** Many of us have ideas of starting a vigorous exercise program after the New Year. This can set us up for failure, and for some, it's not fun either! Right now, set up time with yourself, your family or friends to just get off your rear and move while having fun. Dance around your kitchen singing into your spatula, play a game of tag, skip around the yard. . . In other words, relax, release expectations and move for the joy of moving. If you get to the gym after the New Year, that's great! Otherwise, just keep moving and having fun.
- 5) **Leave the Door Open to the Cold.** Choose a sunny, crisp day and throw open the windows and doors! Air out your house for a couple of hours and break up stagnant energy pools. While you're at it, air out your blankets and pillows. You will feel refreshed and energized.
- 6) **Say "Yes" to Demands on your time.** We can't and shouldn't say yes to everything. However, once you do, it's important to really mean it. As Dr. Usui said, "Work Hard" and by that he meant focus fully on the task at hand. Once you commit, make the further commitment to participate fully and positively. Once you say "yes", embrace the task. Otherwise, say no (and that's OK too!) and save the martyr routine.
- 7) **Don't Wrap the Gifts.** Traditional gift wrap and ribbons are not recyclable. Wrapping gifts can be just as much fun as choosing them when you get creative! Use gift bags, which can be used again, wrap with newspapers or magazines, and use raffia for ribbon (which looks great with seashells, pinecones or a few sticks to embellish).
- 8) **Don't Try Hard.** Take a step back, breathe in the light and remember: the holidays are not about you. They are about all of us, together, remembering the joy, peace and love that we all share through God (or whatever higher power you embrace). Let spirit guide you. Tune in to subtle messages and allow the beautiful loving light to permeate every cell of your body. With relaxed focus on spirit, you might just find yourself having a beautiful holiday season and come January 1, instead of having to "fix" anything you did, you can carry your peace, joy and hope into the New Year.

May each and every one of us be honored to carry light, love and peace throughout this holiday season.



Remember, the sun rises every day, whether we see it or not, as does the light within you.

### WORDS TO CONSIDER

Like snowflakes, we fall to earth, each distinct. We then must discover each other, connect, and once again become one in order to blanket the earth with our glorious beauty.

### Upcoming Events & Schedule

#### Reiki Training

Usui Reiki I—January 9 2010, 10:00 a.m.—4:00 p.m. at Spirit Matters 19 Pinney Street Ellington CT. Registration required.

Usui Reiki II—March 13, 2010, 10:00 a.m.—4:00 p.m. at Spirit Matters 19 Pinney Street Ellington CT. Registration required.

#### Reiki Share/Exchange

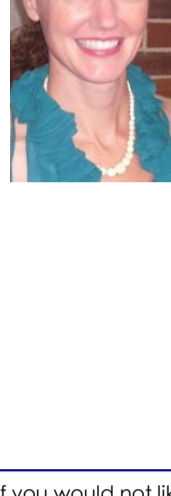
Saturdays January 30, February 27, March 20 6:00 p.m.—8:30 p.m. at Spirit Matters. RSVP required.

COMING SOON: Free Remote Reiki Blessing. Check my website soon for details!

For more details and information go to [www.morningsunreiki.com](http://www.morningsunreiki.com) or [www.spiritmattersct.com](http://www.spiritmattersct.com)

### MESSAGE FROM LAUREN:

#### Stating the Obvious



I recently met a wonderful woman who did an intuitive mini-reading for me at a Wellbeing Expo. When I reviewed her notes later that night, I remembered that she had said I was on a "spiritual journey". I thought, "well, duh." (I know, not a very deep thought for one on such a journey!). I am just not sure what other kind of journey there might be, since it seems that any other type would just be a means to forward the ultimate spiritual journey. But for some reason, that phrase keeps playing over in my mind and I feel compelled on a daily basis to meditate on just what that means to me. Some days I'm certain I know and others I am completely baffled. One thing I now know for certain is that a simple phrase for which I at first had such disdain, has beckoned me to alter my routine practice and gain deeper awareness and perspective. Go figure. :)

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